Eighth Section.

es (1) Uddalaka Aruni said to his son Swetake&u:
' Learn from me the true nature of sleep (Swapna). When
A man sleeps here, then, my dear son, he becomes united
with the True, lie is gone to his own (Self). Therefore they
say *smpiti,* he sleeps, because he is gone (apita) to his own
(sva)/ "

Here, by sleep, the deep *sushupti* sleep is meant, in
which personal consciousness is lost, and the self for a time
absorbed in the Highest Self. Sleep is produced by fatigue.
Speech, mind, and the senses rest, breath only remains awake,
and the *Jiva,* the living soul, in order to recover from his
fatigue, returns for a while to his true Self *(Atma).* The *Sal*
must be taken as a substance, nay, as the highest substance
or subject, the Brahman.
" (2) As a bird when tied by a string flies first in every
direction, and finding no rest anywhere settles down at last
on the very place where it is fastened, exactly in the same
manner, my son, that mind (the Jiva or living Self in the
mind, (Chap. VI-3-2) after Hying in every direction, and finding

no rest anywhere, settles down on breath; for indeed, my
son, mind is fastened to breath.
<tf (3) " Learn from me, my son. what are hunger and
thirst." When a man is thus said to be hungry, water is
carrying away (digests) what has been eaten by him. There-
fore, as they speak of a cow-leader (go-naya), a horse-leader
(asva-naya), a man-leader (purusha-naya), so they call
water which digests food and causes hunger food-leader
(asanaya). Thus (by food digested, etc.) my son, know this
offshoot (the body) to be brought forth, for this (body) could
not be without a root (cause).
"(4) And where could its root be except in food (earth).
And in the same manner, my son, as food (earth) too is an
offshoot, seek after its root, *viz.*, water. And as water too
is an offshoot, seek after its root, *viz.*, fire. And as fire too